



Slender Lady of Canton
7377 Lilley Road
Canton, Michigan 48187
(734) 459-9930

Slender Lady's® 3-IN-1 Program Offers You the Best Results Possible!

**We have added
Cardio Fitness Classes and Strip Aerobics!**

The strength of the **Slender Lady** LifeStyle Program is based on continuing research and scientifically proven information, which has been compiled to offer you a realistic and healthy method of losing weight and keeping it off.

We provide you with your individual Nutrition Plan, 30-Minute Circuit, One-On-One LifeStyle support and so much more! Not only will you lose weight; we teach you how to keep it off. We're right here with you, shoulder to shoulder, every step of the way.

As part of your 12-Week initial SL LifeStyle Program, we'll even teach you how to monitor your own results so that you can take charge of your body, your mind, your life!

**This is your life. Whatever you imagine YOU CAN BE,
YOU CAN with Slender Lady!**

Nutrition • Exercise • One-on-One Positive Reinforcement

Your results will be fabulous!

- Loss of Inches and Loss of Body Fat
- Increased Energy
- Balanced Hormones
- Reduced Health Risks
- Better Sleep Patterns
- Genuine Beauty from the Inside Out
- More Self-Confidence
- Younger Looking Skin
- Lower Blood Pressure & Lower Cholesterol
- Significant Stress Relief
- Diminished Food Cravings
- Increased Strength & Stamina
- Improved Outlook on Life with Positive Self Talk

**Slender Lady
Equipment & Amenities include:**

- Airbrush Tanning
- Bands
- Free Weights
- Pilates

**Personalized Exercise Program
Just For You!**

**HOURS:
6:30 a.m. - 8:00 p.m.
Monday thru Friday**

**7:00 a.m. - 12:00 noon
Saturday**

Our **Slender Lady** staff is trained to monitor your body's basic vital signs to ensure your optimal pace and promote your well-being, as we assist you, to specify, target, achieve, and maintain your goals!

There is no "magic potion" to melt fat away.



PERMANENT CHANGES = PERMANENT WEIGHT LOSS

Studies have shown that the human body will naturally continue to burn fat and use food for energy after it has been re-trained, but it's important that you continue to exercise at least 3 times a week. After your initial 12 week weight loss, we suggest that you continue your personalized visits with our certified staff at least once per month for the next 3 months. We'll continue to check your body fat percentage and measurements with our state-of-the-art body fat machine, at no extra cost.

Keep in mind, we're always here for you when you need us. Just let us know how you're doing and we'll check to make sure you're losing fat weight and not muscle weight.

